

weekly recipes

WHOLE FOODS MARKET



Southwest BBQ Seven-Layer Bowl

Yield: 2 entree bowls • Prep Time: 10 mins.

Cook time: 15 mins. • Total time: 25 mins.

- 1 1/2 cups 365 cooked black beans
- 2 1/2 cups sweet potato
- 2 avocados: to lighten things up a bit, only use 1 avocado
- 2 lemons
- 4 Tbsp BBQ sauce (vegan)
- 2 tsp pumpkin seeds
- 1/2 cup cashews, raw
- water as needed to blend cashews
- 1/4 cup cilantro or flat leaf parsley
- 1/8 tsp salt + a few pinches black pepper
- 1/2 cup onion, diced

1. Bring a large pot of water to a boil. Add the sweet potatoes and cover with lid. Cook 5-10 minutes, or until tender. Remove potatoes with a slotted spoon and place in a bowl to the side. You want to keep the hot water. Bring it to a bowl again, once potatoes are removed.

2. Add the cashews to a mesh strainer and dunk the strainer in the boiling water for about a minute. This will help soften the cashews for blending. (You could skip this step by using fully soaked cashews.)

3. Place softened cashews in a Vitamix blender and add 1/2 cup of water and the juice of one lemon.

Set aside for now.

4. While the water is still boiling, you can warm up the beans if you are using canned beans. Pour the beans in the boiling water and turn off the heat. Since the beans are already cooked (canned) you just need to warm them. Drain the water and set the warmed cooked beans aside.

5. Back to your cashews, start the blender and blend from low to high. Add only as much water as you need to blend the cashews, you want the cashew cream to be thick. Blending may take 2-3 minutes to really smooth the cashews out. Pour cashew cream into a small bowl and set aside.

6. Add avocado flesh to a small bowl, along with juice from one lemon and the salt and black pepper. Mash until creamy.

7. Dice the onion and finely chop the cilantro or parsley.

8. Now you can assemble! Distribute these ingredients between two serving bowls. Add the beans, then the sweet potato, then 2 Tbsp of BBQ sauce to each bowl. Then the onion, avocado mash, cashew cream and finally a sprinkle of pepitas and chopped parsley or cilantro. Serve right away so the warm ingredients mingle with the cool and creamy guac and cashew cream. Also delicious chilled.

Detox Chop

Raw vegan, gluten free, dairy free, soy free

Serves: 4-6

SALAD:

- 2 cups broccoli florets
- 2 cups cauliflower florets
- 2 cups chopped carrots
- 2 cups fresh parsley
- 1/4 cup fresh dill
- 1 Tbsp. Garden of Life Chia Seeds
- 1/4 cup chopped red onion
- 1 Tbsp. peeled and chopped ginger root
- 3 garlic cloves, chopped
- 1 1/2 cup sliced cherry tomatoes
- 1 cup chopped cucumber
- 1/2 cup currants
- 1/4 cup pumpkin seeds

DRESSING:

- 3 Tbsp. 365 Olive Oil
- 2 Tbsp. Lemon Juice
- 1 Tbsp. 365 Apple Cider Vinegar
- 1 Tbsp. 365 Honey or Date Paste
- 1 Tbsp. Garden of Life Chia Seeds
- 1/4 tsp. Salt
- 1/4 tsp. Pepper

Preparation: Whisk together dressing ingredients and set aside. In food processor, chop broccoli, parsley, cauliflower, dill, carrots, ginger and garlic (you may need to do a few batches if all veggies don't fit in the food processor at once). Place all chopped veggies and remaining salad ingredients into a large bowl and toss in dressing. Garnish with avocado slices if desired. Lasts 3-4 days in the refrigerator.

**There are quite a few ingredients in this recipe but they are all geared towards nourishing your body while helping to remove toxins. Specific ingredients that are amazing at detoxing the body are garlic, ginger, parsley, dill, onion, lemon, chia seeds and apple cider vinegar.*

Easy Kale Salad

Gluten free, dairy free, soy free, vegan option

Serves: 4

SALAD:

- 1-2 bunches of kale
- 1 tbsp. 365 olive oil
- 1/2 cup chopped pecans, pine nuts, or slivered almonds
- 1/2 cup currants, raisins, cranberries or pomegranate seeds
- 1/4 cup thinly sliced red onion
- Salt and pepper
- 1/2 Avocado (optional)

DRESSING:

- 3 Tbsp. 365 Olive oil
- Juice from 1 lemon
- 1 Tbsp. 365 Dijon Mustard
- 1 Tbsp. 365 Honey or coconut palm sugar
- 1 Tbsp. Garden of Life Chia seeds

Whisk together dressing ingredients and set aside. Remove stem from kale, chop and place in large bowl. Drizzle about 1 tbsp. of olive oil and a dash of salt and pepper onto kale and massage down using your hands (you can substitute 1/2 avocado for the olive oil if you want). Combine all salad ingredients together into the large bowl of kale. Drizzle dressing over salad and toss until everything is mixed well. Serve immediately or store in refrigerator for up to 3 days.